



**GIBA VALLEY**

*Go with the HEART  
and the rest will follow!!*



## **BOOT CAMP GIBA VALLEY TERTIARY LEVEL TEAM PROGRAMMES**

Participants can expect to take part in fun and interactive team tasks that require team input, member interaction & team strategising. Our team buildings are designed to be fun, motivating and entertaining and also encourage maximum participation of everyone present.

The Boot Camp venue is set up in the scenic Giba Valley in the vicinity of the Marianhill Tollgate, Westmead/Pinetown, accessible from the N3 approx 15 km past The Pavilion Shopping Centre.

### **1. COMMANDO TEAM BUILDING – 3 hrs**

#### **FUN & ENERGISING**

An interactive, dynamic & constructive activity with excellent tasks for building the team spirit of the group through engaging them in a common, fun & unique experience.

The Commando Obstacle Course makes up the basis of the activities during this option.



### **2. WORK PREPAREDNESS PROGRAMME**

The programme covers essential soft skills and abilities related to quality work-performance. Our aim is to increase students' awareness of how to conduct oneself in the workplace, how to perform at a high level and how to gain ground in the working environment.

The full programme consists of 3 interventions run on site at Boot Camp placed on separate days scheduled over the academic year. In addition the course also consists of 3 follow up interventions performed at your campus. The follow up interventions are scheduled 2 – 3 weeks after the initial intervention.



## **Includes**

**3 x 5 hr Interventions at Boot Camp Venue**

**(placed over the academic year)**

**3 x Follow up presentations and discussions at your campus**

**(2-3 weeks following)**

## **Topics/Areas covered:**



- **TEAM ENVIRONMENT**
- **LEADERSHIP**
- **PROBLEM SOLVING**
- **PERSONAL DEVELOPMENT**
- **CONFLICT MANAGEMENT**
- **WORK ETHICS**

## **Individual Interventions (min group size 30)**

## **Includes**

**1 x 5 hr Intervention at Boot Camp Venue (choose 1)**

## **DESCRIPTION OF INTERVENTIONS**

### **2A. INTERVENTION 1**

#### **FOUNDATION – TEAMWORK**

#### **SOCIAL INTERACTION, TEAMWORK & SUPPORT**

#### **FOCAL POINTS:**

##### **TEAM ENVIRONMENT**

- Definition of a team and teamwork
- Components of effective teamwork
- Skills required for effective teamwork
- Understanding the difference between an individual's functional role and team role
- Understanding diversity, having respect for others and being cooperative
- Physical and mental support in the team environment
- Acknowledge the concept of discipline and how one's actions affect others



This programme provides a fun and stimulating environment facilitating social interaction and building relationships amongst students. Tasks and activities require teamwork and for the participants to interact, assist and encourage one another.

The '**TEAMWORK**' programme consists of:

- Fun and constructive team missions
- Obstacle course team challenge
- Workshops and discussions on focal points
- Reflection task on effective teamwork

## **2B. INTERVENTION 2 - PERSONAL DEVELOPMENT** **LEADERSHIP DEVELOPMENT & PROBLEM SOLVING**

### **FOCAL POINTS:**

#### **LEADERSHIP**

- Definition of leadership
- Management vs leadership
- Roles of a leader & Leadership Skills
- Styles of leadership relating this to situational leadership:
  - Directing
  - Coaching
  - Supportive
  - Delegating
- Understanding initiative
- Demonstrating self confidence through having a voice and showing initiative



#### **PROBLEM SOLVING**

- Steps involved in the problem solving process
- Leader's role in problem solving
- Importance of initiative

The '**PERSONAL DEVELOPMENT**' programme consists of:

- Challenging and progressive problem solving tasks
- Workshops and discussions on focal points
- Reflection task on leadership



## **2C. INTERVENTION 3 – APPROACH** **CONFLICT MANAGEMENT & WORK ETHICS**

### **FOCAL POINTS:**

#### **CONFLICT MANAGEMENT**

- An individual's approach to managing conflict
- Methods of conflict management
- Conflict resolution process

#### **WORK ETHICS**

- Understanding the concept of work ethic
- Desirable work ethics

The '**APPROACH**' program consists of:

- Interactive problem solving tasks
- Workshops and discussions on focal points
- Nature walk to waterfall
- Reflection task on work ethics



#### **End of Programme**

Programmes have been designed by Boot Camp SA owner Brendon Cadman who has two Honours Degrees in Exercise Science (Rhodes, 1997) and Psychology (UKZN, 2006) as well

as a Higher Diploma in Health Promotion (UKZN, 2007) and a Post Graduate Diploma in Marketing Management (UNISA, 2012). Brendon has also completed courses in Adventure Leadership (1996) and Advanced Mountain Leadership (2009) and has over 10 years experience in facilitating and designing of developmental programmes.

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